



# IRVING RECREATION CENTER

## SUMMER DAY CAMP 2014

### Grades 5-7

## Important Reminders

Our camp rules are:

- Be safe
- Be respectful
- Be responsible

Bring meals in an insulated container. Refrigeration and microwaves are not available.

Wear tennis shoes to camp. Sandals and flip-flops are not safe options for camp activities.

Leave valuables at home (including money, cell phones, portable video games, etc.)

Label sunscreen and water bottles with your name.

Do not hesitate to ask when you have questions or comments.

## Contact Us

402-441-7954

## WACKY WORLD OF SPORTS WEEK

The weeks keep ticking by and we continue to improve as a group. I've had the wonderful opportunity to get to know each of your kids. They've shared silly stories, cracked jokes, and entertained me with their wild antics. We'll continue our successful summer with more fun activities outdoors and an exciting trip to Memorial Stadium to engage with a special part of Lincoln's culture, the Nebraska Cornhusker football team! –Patrick, 5-7 Camp Director

## THIS WEEK'S HIGHLIGHTS

### Monday

On Monday we'll go down to Irvingdale Pool from 11:30 a.m. to 1:00 p.m. for some fun in the sun and a dip in the pool. Please make sure that campers have all their swimming gear, including sunscreen. After lunch every camper will participate in Fundamental Healthy Me activities led by our AmeriCorps workers.

### Tuesday

On Tuesday we'll be going to the pool again from 11:30 a.m. to 1:00 p.m. Please again make sure that campers have all their swimming gear. After lunch we'll go outside to play kickball and soccer!

### Wednesday

Today we'll go to Memorial Stadium to immerse ourselves in the long withstanding culture of Husker football. We'll have the opportunity to tour the facilities and hopefully step foot on the field. Please make sure that your camper is wearing their gray Irving t-shirt. We'll be gone from 12:30 p.m. to 3:00 p.m.

### Thursday

We'll be outdoors playing tennis opposite of the equally active yoga rotation. Some campers will also be going to the South Branch Library from 2:00 p.m. to 3:00 p.m. Please bring back your library books and cards today.

### Friday

Today we'll play tennis outside again, but instead of yoga opposite of tennis we'll be playing Ultimate Frisbee outside. Later in the day we'll do a rotation of sports related activities including some trivia games and a sports relay challenge!

## WEEKLY EMAIL NEWSLETTER

Make sure not to miss out on anything going on at Irving Day Camp. Please stop by the front counter or email Dan at [dpayzant@lincoln.ne.gov](mailto:dpayzant@lincoln.ne.gov) if you are not receiving our weekly email newsletter for parents.